

# One Page Fit Testing Reference

Subject should keep mouth open and tongue out during the following exercises. Each step should be 60 seconds in length. Make sure to maintain adequate concentration of fit test aerosol.

1. **Breath Normally Exercise.**
2. **Deep Breathing Exercise:** Have subject breath slowly and deeply, but take caution that subject should not hyperventilate
3. **Head Turning Exercise:** Have subject inhale when the subjects head is held at an extreme position on each side
4. **Head Up/Down Movement Exercise:** Have subject move head up and down making sure inhalation is done in the head up position.
5. **Talking Exercise:** Subject should talk out loud slowly and loudly enough to be heard clearly by the tester. Have tester read the Rainbow Passage (found on flip side of this page).
6. **Bending/Jogging Exercise:** Have subject either bend over through out this one minute exercise (as long as there are no physical limitations) or jog in place (again, as long as there are no physical limitations).
7. **Normal Breathing Exercise.**

***Disclaimer:** This One Page Fit Testing Reference is not meant to replace the guide enclosed by the maker of your respirator fit testing kit. It is only meant to be used as a quick reference while you are performing a fit test. Make sure that you review the instructions provided for your type of fit testing kit from the manufacturer to make sure that the procedures on this One Page Fit Testing Reference completely fulfill the requirements of your fit testing kit. Make changes accordingly.*



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## Rainbow Passage

When the sunlight strikes raindrops in the air, they act like a prism and form a rainbow. The rainbow is a division of white light into many beautiful colors. These take the shape of a long round arch, with its path high above, and its two ends apparently beyond the horizon. There is, according to legend, a boiling pot of gold at one end. People look, but no one ever finds it. When a man looks for something beyond reach, his friends say he is looking for the pot of gold at the end of the rainbow.



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